



BART GORDON – STAYING IN TOUCH

Congressman Bart Gordon's Comprehensive Resource Guide for Senior Citizens

Inside this helpful guide are phone numbers and Web sites to help senior citizens locate valuable resources.

Congressman Bart Gordon

Staying in Touch

A Comprehensive Resource for Senior Citizens

I've compiled this guide of helpful phone numbers and Web sites to assist senior citizens with locating resources. These local and national resources provide help with:

Medicare Social Security retirement benefits Survivor's benefits Death benefits Food stamps TennCare Low-income home energy assistance Weatherization assistance Emergency services Volunteer and employment programs
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Meals on Wheels Commodities Homemaker aide program Elderly chore services Nutrition Transportation Nursing Homes Direct marketers Private drug assistance programs

Social Security Benefits

For questions concerning Social Security retirement benefits, survivor's benefits, disabled widow's benefits and death benefits, call the following Social Security Administration district offices:

Murfreesboro (Cannon and Rutherford counties)

615-895-5790

Gallatin (Macon, Sumner, Trousdale and Wilson counties)

615-230-7602

Cookeville (Clay, Jackson, Overton, Putnam and Smith counties)

931-528-9765

McMinville (DeKalb County)

931-473-1575

Tullahoma (Bedford County)

931-455-3795

Columbia (Marshall County)
931-388-3123

Nashville (Robertson County)
615-781-5796

People can also obtain information by contacting the Social Security Administration at **1-800-772-1213** or online at www.ssa.gov.

For questions concerning Social Security disability and Supplemental Security Income (SSI), call the Tennessee Disability Determination Services at **1-800-342-1117**.

Medicare

For questions concerning Medicare, call **1-800-MEDICARE (1-800-633-4227)** or go to the federal Medicare Web site at www.medicare.gov. Side-by-side comparisons of Medicare health-plan options and nursing-home options available in Tennessee also can be found at this site.

For information on the QMB/SLMB (Special Low Income Medicare Beneficiary) program that helps low-income seniors with Medicare premiums, deductibles and co-payments, contact the TennCare program at **1-800-624-5547**.

For information on Medicare Supplemental or Medigap Insurance, call the Tennessee Insurance Assistance Office for Seniors at **1-800-525-2816**.

U.S. Administration on Aging

The U.S. Administration on Aging's Eldercare Locator is a nationwide toll-free service to help older adults and their caregivers find local services for seniors, such as Alzheimer's hotlines, adult day care and respite services, nursing home ombudsman assistance, consumer fraud, in-home care information, tax assistance and transportation. Call toll free at **1-800-677-1116**, Monday through Friday 9 a.m. to 8 p.m. or go online at www.eldercare.gov.

The **Tennessee Department of Human Services (DHS)** provides programs designed to help senior citizens with their Medicare premiums and co-payments, food stamps, and Medicaid (TennCare). For information about these programs, call the following DHS county offices:

Bedford
931-685-5006
Cannon
615-563-4051
Clay
931-243-3183
DeKalb
615-597-4725
Jackson
931-268-0235

Macon
615-666-4041
Marshall
931-380-2568
Overton
931-823-5695
Putnam
931-528-7487
Robertson
615-382-2402

Rutherford
615-848-5153
Smith
615-735-9740
Sumner
615-451-5814
Trousdale
615-374-3513
Wilson
615-443-2746

TennCare

For TennCare, call the TennCare hotline at *1-800-669-1851* or *615-741-4800*.

Food Stamps

For food stamp issues, call the Tennessee Food Stamp Hotline at *1-800-342-1784* or the Food Stamp Fraud hotline at *1-800-241-2629*.

Home Health

For licensed home care agencies in Tennessee call the Board for Licensing Health Care Facilities at *615-741-7221*, or go to www.state.tn.us/health.

The Home Health Agency Complaint Hotline is *1-800-541-7367*.

State Long-Term Care Ombudsman Program

Another helpful phone number is the Long-Term Care Ombudsman. The ombudsman is an advocate for nursing home, assisted living and mental health group home residents. For the ombudsman in your area call:

Nancy Hedricks at 931-432-4210

Macon, Clay, Smith, DeKalb, Cannon, Putnam, Jackson, Overton Rutherford

Cheryl Lynn Vallance at 931-433-7182, extension 103

Marshall and Bedford

Jean M. (Sue) Chascsa Prince at 615-850-3922

Robertson, Sumner, Trousdale and Wilson

The following community-based organizations provide a variety of services for seniors, such as **low-income home energy assistance (LIHEAP), weatherization assistance, emergency services, volunteer and employment programs, Meals on Wheels, commodities, homemaker aide program and elderly chore services, nutrition, and transportation.** Services may vary from county to county.

Mid-Cumberland Community Action Agency can be reached at **615-742-1113** or **1137**. The agency serves Robertson, Rutherford, Sumner, Trousdale and Wilson counties.

Mid-Cumberland Human Resource Agency can be reached at **615-331-6033**. The agency serves Rutherford, Sumner, Trousdale and Wilson counties.

Caney Fork Development Corporation can be reached at **931- 473-3194**. The agency serves DeKalb and Cannon counties.

South Central Community Resource Agency can be reached at **931-433-7182**. The agency serves Bedford and Marshall counties.

Upper Cumberland Human Resource Agency can be reached at **931-528-1127**. The agency serves Cannon, DeKalb, Overton and Putnam counties.

Cordell Hull Economic Opportunity Corporation can be reached at **615-666-2992**. The agency serves Clay, Jackson, Macon and Smith counties.

Reduce Telemarketing Calls And Junk Mail

You can reduce the volume of telemarketing calls and junk mail you receive by signing up for the following opt out services:

To put your phone number on the **national Do Not Call List**, contact the Federal Trade Commission at www.ftc.gov/donotcall or call toll-free at **888-382-1222**.

The FTC also has an on-line consumer fact sheet notifying people how to stop unsolicited mail, telemarketing calls or junk e-mail at www.ftc.gov/bcp/conline/pubs/alerts/optoutalrt.htm. Or call the FTC hotline at 1-877-FTC-HELP (1-877-382-4357).

To put your phone number of **Tennessee s Do Not Call List**, contact the Tennessee Regulatory Authority at www.state.tn.us/tra, by phone at 1-877-872-7030, or write the agency at 460 James Robertson Parkway, Nashville, TN, 37243.

The state also has a **Do Not Fax program** to reduce unsolicited faxes. For information visit the TRA Web site at www.state.tn.us/tra, or e-mail the agency at Tennessee.Do-Not-Fax@state.tn.us.

Drug-Assistance Programs

Medicare is the primary program senior citizens rely on for their health care. Although Congress is considering adding a prescription drug benefit to Medicare, currently seniors must rely on other programs and insurance mechanisms for drug coverage. Some pharmaceutical manufacturers offer assistance programs that can reduce the cost of prescription drugs. For more information on Medicare or other drug programs, please contact my Murfreesboro office at **615-896-1986**.

Federal Agency Assistance

My staff and I have helped thousands of Middle Tennesseans cut through government red tape, track down lost Social Security checks, get lost passports reissued, locate veterans' records and solve other problems. If you ever need help with a matter involving the federal government, please feel free to call or write my Murfreesboro office, located at 106 South Maple Street (zip code: 37130), at **615-896-1986** (fax: **615-896-8218**), my Cookeville office, located at 15 South Jefferson Street (zip code: 38501), at **931-528-5907** (fax: **931-528-1165**) or my Springfield office, located at 101 5th Avenue West Suite D (zip code: 37172), at **615-382-9712**.

I hope this information is useful to you. My staff and I are always eager to help in any way we can. Please do not hesitate to contact me if I ever can be of service to you or your family.

Congressman Bart Gordon

Tennessee's Sixth Congressional District